

We are looking for volunteers!

The feasibility of conducting a home-based fitness test.

Who can take part?

- Anyone between 18-55 years old doing less than 60 min. of exercise a week.
- Anyone with no health condition preventing from exercising.

What will you be asked to do?

- Two 30 min. online sessions.
- One 30 min. outdoors session - Institute of Sport (AL10 9EU).
- You will complete a familiarisation session and 30 squats in 45 seconds during two sessions.

Advantages:

- ✓ Free fitness test.
- ✓ Free report and advice.
- ✓ Evaluations conducted by Sports Scientists.
- ✓ One4All voucher (£20).



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